SPIRITUALITY

How do I Love Me, Let me count the ways.

Kamau Ifoma

1. I love me for the very breath that I take. Knowing that I am continuously replenishing myself with the essence of all life. And as I exhale I give back to the universe the essence of myself.
2. I love me for the joy that I am able to express just by being. With the understanding that I am a miracle in expression, I am always excited about being exactly who I am created to be.
3. I love me for the gifts that I express. I am created with many talents and abundant wisdom which I share with myself first.
4. I love me for the ability to see life as a journey. Each experience provides me with an opportunity to learn and grow.
5. I love me for the honesty which I share with myself. I have no secrets which keep from me.
6. I love me for the choices that I make. I am in complete charge of my life and all of my experiences.
7. I love me for knowing that my life is important and has meaning. It is important to me! I mean it.
8. I love me for the moment. Each and every moment provides me with a new opportunity to love me. My love is eternal.
9. I love me for being. Who and whatever I am, this is who and what I am.
10. I love me just for the sake of loving me. The more I live, the more I love and the more I love, the more I live. My living and loving must first be expressed to me. This is a concept that many of us are aware of and yet have only a superficial understanding of what it really means. To love oneself means to accept yourself just as you are. It means to be proud of yourself just as you are. It means to never experience loneliness as long as you have you. It means to make choices for you first. It means to give to and of yourself just for the sake of giving. It means to remove all conditions placed on your love. It means to love you just for the sake of being you.